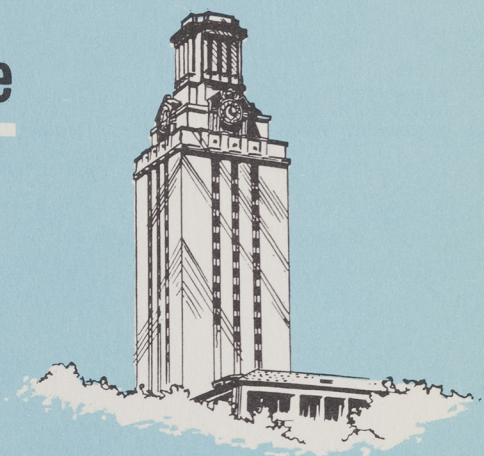


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Program of the

**H OGG
F OUNDATION
FOR MENTAL HYGIENE**



THE UNIVERSITY OF TEXAS

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Program of the

HOGG FOUNDATION

for MENTAL HYGIENE

The University of Texas

REVISED: NINETEEN HUNDRED FIFTY-SEVEN

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I. WHY THE FOUNDATION: *An Introductory Note*

A UNIVERSITY is a center where young scholars join with more mature investigators in the search for and discovery of new truth.

A university is also a humanizing place where, through contact with books and teachers and through group experiences, the individual is given an opportunity to discover and develop himself.

The thousands of students who come to The University of Texas return to the communities of the State, and beyond, as members of families and vocational and civic groups. What they learn about a way of life at their university can permeate the communities of a region.

Will Hogg loved The University of Texas. He believed in it as a source of great good for the State and its people. He fought for it; he gave generously to it, and he insisted upon its maintenance of independence and high standards.

His brother Mike and his sister, Ima, were given authority under his will to dispose of the residue of his estate. They chose as beneficiary The University of Texas with which their brother had been so closely identified. They also left funds of their own to the same institution. They were joined in this purpose by a third brother, Tom, who left his estate, after the life interest of his widow, to the Hogg Foundation. The widows of both Mike and Tom have made generous financial arrangements with the University which have benefited the Hogg Foundation.

“Mental health” and “mental hygiene” were terms which Will Hogg had heard, but they were not in common parlance. Even before him, his father, Governor James Stephen Hogg, had shown deep interest in the human problems of the State. While governor, he became a great leader in improving Texas’ public institutions, including the mental hospitals. His daughter accompanied him on many of his visits to these institutions and often heard him discuss their future development. Recently she found a book, the margins of which had been marked by the Governor’s own hand, and which dealt with problems of mental health in modern terms. Miss Hogg and her three brothers also became interested in this field long before it was of general public concern.

The Foundation and the University

Following the death of their brother Will in 1930 and after several years of deliberation and investigation, Miss Hogg and her brother Mike, the executor of the will, decided to devote their brother’s estate to a broad program of mental health education, investigation, and service conducted through a foundation established under the Board of Regents of The University of Texas.

With mental health as the field and The University of Texas as the institution, the Hogg Foundation for Mental Hygiene has functioned with no trustees of its own. It is an integral part of the University system, responsible to its officials and governed by its regulations, fiscal and otherwise.

As an arm of the University, the Foundation is free to work with all other departments and branches in its state-wide program of mental health education, research, professional training, and community service.

Permanent offices of the Foundation are on the twenty-fourth floor of the Main Building, The University of Texas, Austin. Will Hogg’s own desk and chair are a part of the office furnishings. Headquarters include a professional library in mental hygiene, a display of the Foundation’s own publications in research and in

mental health education in addition to pamphlet materials from publishers throughout the world.

The staff of the Foundation consists of a director, an associate director in charge of research and research publications, persons in charge of the community service program, public information service, and the development of reports and accounts; and secretarial, library, and publication assistants.

Miss Ima Hogg has maintained a close interest in the Foundation and has contributed to its program through many additional gifts. Likewise, Mike Hogg's widow, Mrs. Harry Hanszen, has made grants to the professional education work of the Foundation and has cooperated with its staff in helping establish a Southwest Conference of Foundations. Mrs. Tom Hogg has attended meetings of this conference and of advisory conferences to the Hogg Foundation itself.

Inasmuch as the Foundation functions through the various branches and departments of the University system, the President is called upon frequently for guidance in the program. The Vice Presidents, the University Attorney, the Endowment Officer, the Director of the Development Board, and other administrative officials, faculty members, and outside consultants have helped the Foundation develop its program.

The initial planning conference included Dr. Adolph Meyer of Johns Hopkins University; Dr. George Stevenson of the National Association for Mental Health; Dr. Daniel Prescott of the University of Maryland; and from within Texas, Dr. Titus Harris, psychiatrist; Dr. Paul White, psychiatrist; Dr. Evelyn Carrington, psychologist; Dr. H. T. Manuel, educational psychologist; Miss Hogg; and the President and other officials of the University.

Dr. Will Menninger of Kansas; Dr. Robert Felix, director of the National Institute of Mental Health; Dr. Daniel Blaine of Washington, D.C.; Dr. Herbert Chamberlain of California; Dr. Don Marquis of Michigan; Dr. John Darley of Minnesota; Dr. John Rees of London, director of the World Federation for Mental Health; and many other leaders in the behavioral sciences have served as advisors to the Foundation in more recent years.

The Modus Operandi

The day-by-day work of the Foundation is done not by the staff alone. Some thirty members of the University faculty serve on *ad hoc* committees which evaluate and help supervise a particular undertaking. Their service to the Foundation also provides an opportunity for them to acquire experience in interdisciplinary analysis. University classroom teaching and research have been made more vital through contact with field problems. Behavioral scientists in other colleges and universities of the state, as well as professional workers in state and community agencies, have served a similar consultant and advisory role in Foundation projects.

A Distinctive Pattern

No other university has a permanent foundation devoted specifically to mental health research, education, and service. The endowment is sizable—nearly six million; the annual budget is \$300,000. Other foundations and individual philanthropists have cooperated by giving funds to joint enterprises. The Foundation has received property bequests earmarked for special use in mental health work in certain areas. In turn, it has cooperated with other mental health agencies, both private and public, in sharing in many undertakings.

The Working Materials

Fingering through the pages of the *Program Notebook*, one can tell at a glance the current areas of work of the Foundation and the specific projects within each field. The face sheet for each undertaking shows what grants have been made, the purpose and procedure of the project, and the reports which are available. This running account of the Foundation's program receives new entries as the work progresses. The *Program Notebook* is an indispensable planning and control aid within the Foundation. It also provides any University official or consultant with a concise way of reviewing the program at any given time.

The Office Manual, a companion volume, describes all procedures from the requisitioning of memorandum pads to the making of grants to other departments. It, too, is looseleaf and up-to-date. It orients the new staff member into the mysteries of the files, the vouchers, the library, or whatever function has been assigned him.

The *Manual* also contains a policy section which explains the principles involved in the granting of scholarships, research requests, consulting help, and other services.

Present and past work of the Foundation is recorded in the current files, the permanent files (which someday may be micro-filmed), the archives, part of which have now been presented to the University Library, a collection of reports from projects, studies from other foundations, professional books and magazines, and other working materials. Also in the background of the operation is the ledger, the voucher file, the project file, and the geographical file.

II. CURRENT PROGRAM ACTIVITIES OF THE FOUNDATION

WHAT THE FOUNDATION really is can best be learned, not from its history, its avowed purposes, and its materials, but rather from its actual program. The fiscal year which ended August 31, 1956, catches the Foundation's work at an important period of expansion and transition. What are the goals within each of its five program areas? What are the specific undertakings? And, still more to the point, what is the cost? Each of the following five sections begins with a statement of philosophy and purpose. It describes a few projects illustrative of how this purpose is carried out. And, it is supplemented by Section III in which are listed all undertakings by program categories and their cost. This review begins with our newest development, research.

A. Research

Progress in the understanding of human behavior and the development of methods for achieving and maintaining mental health depends largely upon research. Varying from systematic record-keeping and interpretation of trends in a community mental health activity to highly specialized laboratory work on the biochemistry of nerve tissue, research in the mental health field covers a wide range of investigations aimed at the discovery of new facts and their implications for human welfare. Developments in psychology,

psychiatry, sociology, education, biochemistry, neurology, and a whole host of special fields bearing upon a science of man are basic to the control of mental illness and the attainment of higher levels of creativity and social progress.

Ten years ago highly specialized personnel with scientific training in fields related to mental health were rare in Texas. Although by 1955 the number of qualified research workers at universities and mental health centers in Texas had increased more than ten-fold, a critical shortage of scientists still existed. The time had arrived, however, when substantial financial support of research in mental health could be utilized effectively. A marked increase in the Foundation's annual budget for 1955-1956 made it possible to embark upon a vigorous program to encourage the growth of research activities.

What are some of the critical problems regarding the development of research in Texas and how can the Foundation best utilize its resources to facilitate their solution? This challenging question occupied a great deal of staff time during the transition to a new emphasis within the Foundation.

A major difficulty is the lack of highly skilled scientists in sufficient number and variety to undertake research. Although this critical manpower shortage prevails throughout the nation, it is particularly acute in Texas. Young scientists tend to gravitate to established centers elsewhere. Competition for qualified personnel is keen. One can hardly blame the enterprising research worker for accepting a financially attractive position where he can enjoy recognition by society, the stimulating company of fellow scientists, and the freedom to investigate problems of his own choosing with liberal financial support, laboratory equipment, and technical assistance. The creation of a climate conducive to original thinking and dedicated research, as well as adequate salaries, is essential to attract and hold highly competent personnel.

While some institutions in Texas have succeeded in establishing a favorable atmosphere for creative research in mental health fields, the number is relatively small. And even in these it is a con-

stant struggle to maintain highly favorable conditions for scientific work.

Although greatly concerned with this problem, the Foundation has dealt with it indirectly.

One often hears the remark that there is plenty of money available for the support of research in mental health if one has sufficient resources and reputation, or if one is highly skillful in the ways of requesting help. But what of the relatively small, isolated institution with an inexperienced though basically sound individual working with no assistance in sight and heavy teaching or service responsibilities?

Coupled with consulting help from an experienced scientist, a grant-in-aid to an individual working under poor conditions will often bring with it sufficient adjustment by his institution to change rather dramatically the circumstances under which he is trying to do research. Providing equipment, supplies, travel stipends, scholarships for advanced study, funds for employing assistants and technical consultants can be highly beneficial, especially for the individual who has potentialities which are unrealized for lack of recognition, financial support, or sophistication in obtaining help from national sources of aid in competition with more mature scientists elsewhere.

A second important need in Texas is the promotion of more effective communication and collaboration among specialists in different scientific disciplines who are working on related problems. While diversification of effort, as well as duplication of research design to verify or refute an important discovery is highly desirable, all too frequently such diversification leads to isolation and unnecessary or faulty efforts. The cross-fertilization of ideas and the development of mutual understanding among research workers can lend increased meaning and direction to the research efforts of any single investigator.

During the past year the Foundation has facilitated the exchange of ideas across boundaries of disciplines in a number of ways. A special faculty seminar devoted to mental health in education was

inaugurated at The University of Texas. Research workers in psychology, education, and sociology met regularly to share theories and techniques, particularly as they applied to the general problem of promoting better mental health through the public school system. Faculty members of the University were frequently employed by the Foundation to consult with others throughout the State who asked for help in working on a research problem. The perspective of the consultant as well as the recipient was usually broadened by such experiences.

The Texas Council on Research in Mental Health was organized, largely with the help of the Foundation, to serve as a means of bringing together research scientists and administrators who represent mental health areas throughout Texas. In addition to sharing information concerning research activities, members of the Council are concerned with the organization and support of research at the state level.

A symposium or conference of scientists focusing upon a particularly timely research area is another effective means of stimulating interdisciplinary exchange. With the support of the Foundation, Professor Daniel Sheer of the University of Houston organized a symposium on brain stimulation which attracted distinguished physiologists, psychologists, psychiatrists, neurologists, and others from all over North America. Papers and discussions will be edited and published as one of the first in a series of books under the auspices of the Foundation and The University of Texas Press.

And finally, cross-fertilization has been accelerated by supporting several interdisciplinary programs of research—the Co-operative Youth Study involving specialists in home economics, sociology, psychology, and education; the Community Education Project in Parent-Child Relationships, a long-range study involving the Austin-Travis County Society for Mental Health, the Austin Community Guidance Center, the Division of Mental Health of the State Department of Health, the public schools of Austin, and faculty members in psychology, sociology, journalism, and education

at The University of Texas; the study of mental health in education under the leadership of educational psychologists at The University of Texas; investigations of biochemistry and human behavior conducted jointly by members of the Department of Psychology and the Biochemical Institute at The University of Texas; and the organization and coordination of mental health research across many fields at the Medical Branch of the University in Galveston.

A third critical need in Texas is for long-range cooperative research dealing directly with the causes of mental disorders and their prevention and treatment. Such studies require the joint efforts of many specialists working intensively over a period of years to obtain the necessary evaluations of predisposing characteristics, treatment processes, and rehabilitation. Such studies may involve large segments of an entire community and require close cooperation of community welfare agencies, state hospitals, and research scientists. Expensive and difficult to execute, such investigations are nevertheless urgently needed to point the way toward more effective means of solving the staggering problem of care and rehabilitation of the mentally ill.

Because of the overwhelming complexity of the problem, the task of planning such a project, obtaining competent clinical personnel as well as properly trained research scientists, and securing public cooperation and financial support, the time is not quite ripe for such large-scale, long-range research in Texas. Nevertheless, a beginning can be made, and the Foundation is working closely with the appropriate state and national agencies in the hope that at least one such study can be launched in Texas by 1958.

And still another need frequently overlooked is the interpretation of research findings to the public and translation of such findings into action programs for the mental health practitioner. Only through greater public understanding and support will favorable conditions for vigorous research materialize in the mental health fields. Generally speaking, the scientist who is productive in creative research is not concerned with the interpretation and implementation of his findings beyond his own professional colleagues.

Nor is he likely to have the journalistic skills for effective communication to a general public. Consequently, the Foundation is making a special effort through its mental health information service to inform the interested layman of research activities in Texas and the implication for better living of findings here and elsewhere.

To facilitate the development of research in Texas, the Foundation has kept the formalities of processing requests for aid to a minimum. There are no standard forms or deadlines for submitting a proposal. Nor is any request too small for consideration. If an investigator needs assistance in formulating his research plan, appropriate consultants are provided. Once a grant is made, the Foundation reserves the right to review the project, to request progress reports periodically, and to be given due credit for its supporting role. However, responsibility for the research and its eventual publication rests entirely with the investigator.

There have emerged during the past year a number of principles which guide the Foundation in supporting research activities and the publication of research findings.

1. Qualified research workers throughout Texas are encouraged to submit specific project proposals to the Foundation. Basis of support lies in the merit of the project, its pertinence to mental health, and the qualifications of the investigator to do the work.

2. In order to assist individuals and organizations throughout Texas to achieve levels of competency to compete favorably with research centers elsewhere in the country for national sources of support, the Foundation is encouraging the organization of high-level research programs by direct grants-in-aid initially, with the expectation that subsequent long-range support will be provided by other financial sources.

3. Specialized research consultants are offered by the Foundation to individuals or organizations in the State interested in securing help with their research planning.

4. When specifically requested, the Foundation serves as a liaison between local organizations and investigators and national

sources of support. Jointly supported projects may be the out-growth of such work.

5. Special interdisciplinary conferences on specific problems are occasionally sponsored by the Foundation in order to stimulate thinking in new fields of research integration. Results of these conferences will be published and distributed for general use wherever possible.

6. In order to facilitate communication and understanding of diverse research interests related to mental health throughout the State, the Foundation will, from time to time, sponsor state-wide meetings.

7. The Foundation occasionally may sponsor extended seminars devoted to advanced study of a specific research topic with the expectation that from such seminars will come research programming of a high level or new contributions to theory concerning human behavior.

8. A limited number of grants are made for research training, travel grants, or post-doctoral fellowships where the recipient can increase his value to the State as a research scientist by advanced study. Preference for such grants will be given to faculty members of The University of Texas.

9. A limited number of faculty members at The University of Texas may receive special stipends which would free them from teaching and administrative responsibilities for a specific period of time in order to engage in research in mental health. These limited grants are subject to the approval of the teaching department and the administration of the University.

10. The Foundation has worked out an arrangement with The University of Texas Press for publication and general distribution of a limited number of books dealing with research sponsored by the Foundation in scientific fields basic to mental health.

B. Professional Education

If research scientists must be sought after, up-graded in their competence, or even encouraged to enter the field from the start—

as was pointed out in the preceding section—the same critical shortage is also true of all other professional fields in mental health. State hospitals and community clinics lament the shortage; manpower summaries show that it is a national problem.

Personnel Shortages in the Hospitals

Foundation resources are not adequate to underwrite hospital needs, but a private undertaking is often sufficient to set other forces in action. How can psychiatric aides, the hospital staff members who see the patients day in and day out, receive the highest level training, supervision, and encouragement in their all-important function? Working with another foundation and through the Advisory Committee to the Board for Texas State Hospitals and Special Schools, the Hogg Foundation is looking for demonstration opportunities in this area of professional training.

The Foundation has worked with the central staff of Texas State Hospitals and with individual hospital staffs in many types of in-service projects, ranging from workshops for occupational therapists to travel scholarships for hospital superintendents.

The chaplaincy project is an example of cooperative work with the State Hospital System. Substitution of clinically-trained chaplains for part-time ministers who added hospital work to their community responsibility began with a request from Bishop John Hines, then a member of the State Hospital Board. He asked the Foundation to help bring, first as a consultant, a chaplain from the East who had been trained both in a theological seminary and in clinical seminars and internship experiences in mental hospitals. The Board not only employed this new type of professional person but also increased salaries in all of the hospitals to permit a similar change. Furthermore, a training program was established, and for three years assistance was provided for scholarship funds which brought theological students from Texas seminaries to the hospitals for summer internship experiences. Psychiatric consultants were also provided to work with the staff of the chaplaincy project.

Personnel Needs in the Community

While bringing a new level of professional competency to all types of positions in the hospital program is the dramatic need, the Foundation recognizes that the shortage is just as great in the field of preventive work and among the staffs of regular community agencies with a mental health orientation.

It has joined the State Department of Health in two school demonstrations, the purpose of which is to coordinate local mental health efforts and personnel, and to provide an internship training center for new workers. A gift from Mrs. Harry Hanszen has started a scholarship for high-level training in school mental health work.

Summer mental health workshops for teachers sponsored by colleges have been aided by the Foundation, which now is looking for distinctive undertakings which will set and test new patterns of professional education.

The Human Relations Training Laboratory is one such innovation in the Southwest which was initiated by staff members of the University in cooperation with three other universities. The Hogg Foundation has joined with two other foundations in supporting this new pattern during its initial stage of development.

The Foundation has worked with the staff of the School of Social Work in studying the manpower and recruitment problem and in establishing a scholarship fund. It also has welcomed opportunities to aid mental health groups to develop professional standards and associations. The Visiting Teachers Association is now an established group, but needed help during its early days of organization.

A National Opportunity

The United States Air Force has invited the Foundation, working through the departments of the University, to establish a new pattern of in-service training for their chaplains in one of the principal areas of their work, marriage and family counseling. Thirty officers from throughout the United States have come to the campus for a one-month seminar conducted by a staff member of

the Foundation with the help of other departments. Four such groups will convene during the first year of the trial program, and out of this experience a report will be published describing and evaluating this new program.

Working Principles

Against this background statement of need, of general policy, and of illustrations of the professional education phase of the Foundation's program, we can now list specific program policies and procedures:

1. As a part of the University, the Foundation gives preference to educational requests which prepare persons for key positions in which they, in turn, have training responsibility.

2. Special gifts, such as visiting teacher scholarships, are administered by the Foundation according to the terms of the donor.

3. Scholarship aid may be given to help a new program become established as a permanent training facility. The new program, not the Foundation, administers the scholarships, which are provided only during an initial period of development. The agency receiving the scholarship grant will be asked to report each year by August 1 on the way in which the scholarship funds have served to initiate the new training program.

4. Training grants are favored which contribute directly or indirectly to an increase in research personnel in the field of mental health.

5. Training grants may be considered for key personnel in other mental health facilities if, through such additional professional experience, the individual can initiate new service or research programs.

6. Travel scholarships are designed to enrich the experience of persons with new responsibilities in mental health services or research. Readiness for the high-level training and its applicability to programs in the State are among the criteria considered when requests are received. A subsequent grant to the same person will involve a sharing of expense.

7. Travel to learned meetings is normally the responsibility of the institution itself or of its staff member. On rare occasions the Foundation may cover the cost if mental health research, teaching, or service will be benefited. In such instances, transportation only is provided.

8. Professional seminars and symposia arranged in fields not previously explored may be financed or co-financed by the Foundation with the expectation that the results will be made available for publication.

Every undertaking, whether it be simple, like a travel scholarship, or complex, like a three-year community demonstration program, calls for careful reporting by the recipient immediately after the work is completed or, if it is over an extended period, at the end of each fiscal year.

9. Demonstration training projects designed to enhance professional competence of workers in mental health may be subsidized on a trial basis by the Foundation. Many such earlier undertakings in the form of special seminars, workshops, and professional courses are now a regular part of an institution's budget, requiring no help from the Foundation.

10. On occasion, the Foundation may provide a special consultant to a staff which is interested in its own professional development, or if a distinguished specialist is in the State for other purposes, his visit may be extended by the Foundation in order to make his help available to other professional staffs.

C. State and Community Service

In keeping with its original purpose, the Foundation aids in the establishment of mental health services in the State, especially new patterns of service. More recently it has been called upon to initiate several national projects. Even when taking part in community, state, and national service projects, it acts with and through the teaching and research departments of the University and other institutions of higher education. The Foundation does not render

service only for the sake of service, but also for what can be learned and published about principles of community work, prevention of mental illness, and the attainment of mental health.

Ten years ago the Foundation received a special grant from an eastern foundation to try out new patterns of community organization. Ten communities responded to the offer of aid in demonstrating how they proceed to analyze and solve a local problem. *Family, Community and Mental Health* is the publication which resulted.

Currently, two state-wide citizens groups have asked the Foundation to work with their state boards and central staffs in developing new patterns of leadership training in community mental health work. These programs, planned on a three-year basis, are at mid-point and have already produced evaluative materials and publications.

Other projects range from a three-year study of the mental health emphasis applied to the rural schools of one county to co-operation with a department of psychiatry in discovering how a clinic can be established for adolescents, many of whom are either delinquent or potentially so, and who are referred by a probation department.¹

The latest idea, still on the drafting board, is a project designed to test the most effective ways of bridging the gap between the mental hospital and the community. At the present time many patients remain in mental hospitals because no help is available for their readjustment to the family, job, and community. Of those who do return, many fail and find refuge again in a mental hospital. How can all of the forces of a community cooperate in helping a person avoid emotional breakdown or, if it does occur, in helping him recover from mental illness and resume normal relations? Research is now attempting to discover the physiological factors which may underlie mental illness, and the Foundation is giving support to such studies. Other research is testing the value of physi-

¹ For a description of these two undertakings, see the Foundation publications entitled *A Curriculum Focuses on Mental Health* and *A Quarter for Growing Up*.

ologically-oriented therapy. In the meantime, out-patient clinics, social and health agencies, and citizens groups are finding that much can be done to stabilize the individual who has emotional difficulties.

The community demonstration project now being conceived would be aimed at the social and community factors involved. Many state and local organizations would need to cooperate in such a trial. An offer of consultation help has already come from a national agency. Because of its complexity, the project would be long-term, and, no doubt such a large undertaking would have to be divided into sub-problems as the work progressed.

From the preceding illustrations of work already undertaken and projected, one concludes that the Foundation is deeply interested in community service. Its pattern of work is held consistent with its University affiliation. The specific policies and procedures in this phase of its program are as follows:

1. Preference is given to service projects which have a demonstration value.

2. Preference is given to undertakings in which faculty members and their students have a part in planning, in field experience, in evaluation, and in publication.

3. Preference is given to work which is interdisciplinary and inter-professional. The Foundation focuses upon mental health goals, not upon jurisdictional lines.

4. Initial grants may be made to help establish mental health services in an area of special need. The first operating grants have been given to guidance clinics and to mental health information centers. Aid may be provided for communities wishing to evaluate their mental health requirements and to try out demonstration and experimental ideas.

5. Unable to reach local communities with extensive direct service, the Foundation welcomes opportunities to work with national, state, and area organizations which are themselves concerned with local communities. It does this by assisting in leadership training, in program planning, and in the development of the

group's own resources. Intensive work with two state-level organizations is in progress, and work with one other is in the planning stage. Similar opportunities for leadership training and demonstration work have come from three national organizations.

D. Mental Health Information Service

Mental health information may be disseminated in a number of ways. Many organizations reach individuals with mental health materials, but this division of the Hogg Foundation focuses its program upon specialized materials, evaluations, and experimentation.

The highlighting and interpreting of mental health developments and concepts, and the distributing of such materials, are important areas in the mental health information division. Evaluating different techniques in mental health information is another; while assembling and preparing appropriate materials for specific Foundation projects comprise still other areas of work. In all of these endeavors, the Foundation cooperates with members of other University departments.

Highlighting Mental Health Developments

It has been said that a tree falling in a forest makes no sound unless there are ears to hear it. Basically, this maxim forms the underlying theme for the highlighting of mental health information. Although improvements may be made in facilities and treatment for delinquent children, further improvements may be contingent on the efforts of an informed citizenry. Within the framework of mental health information services, such efforts can be described in booklets designed to reach a large number of people.

Pillars of Support, a pamphlet concerning delinquency in Texas, can serve as an example. Based on studies made by the staff of the Texas Legislative Council and by a member of the National Probation and Parole Association, this booklet, a popularization of these studies, was distributed to thousands of individuals. Like other Hogg Foundation materials, it went not only to the Hogg Founda-

tion mailing list but to specialized groups such as county judges and probation officers. Television and radio programs also resulted from this publication.

The Turning Key, another Hogg Foundation publication, provides, again, an example of how research findings have been highlighted and widely distributed. Working from reports by the Texas Research League, which made a two-year study of Texas mental hospitals, the Foundation staff abstracted and popularized important observations and recommendations for improvement of mental hospitals.

The mental health information service and other divisions within the Foundation often stimulate one another. Public interest in a problem frequently calls for professional development in a field. Likewise, new technical programs require interpretation to the public. Research findings are normally reported in professional journals and monographs. Occasionally, findings particularly pertinent to mental health development in Texas are rewritten and distributed to a wider audience.

Some 4000 persons who have requested to be placed on the Hogg Foundation mailing list receive the Foundation's own publications or announcements of them. In addition to research monographs these may include timely publications, such as *Trends in Psychiatric Care in Texas*; specialized surveys of value to the professional worker, such as *A Survey of Child Guidance Facilities in Texas*; materials developed for special demonstration projects, as *Mental Health for Effective Living*, a study guide for Parent-Teacher organizations and Federated Women's Clubs; and reprints of scholarly treatises or fresh approaches to contemporary problems, as *Mental Hygiene and the Moral Crisis of Our Time* and *Adults Look at Children's Values*.

Evaluating Techniques

As a part of The University of Texas, the Foundation gives preference to demonstration work which provides University staff and students with an opportunity to discover and test new ideas con-

cerning mass media education. An advisory committee, composed of members of several University departments, helps with planning and evaluating in the area of mental health publications and radio and television productions.

A modest experimental approach to the effectiveness of mental health materials in several high schools and an evaluation of the Hogg Foundation's own mailing list are two projects which have been undertaken to date.

The school experiment was planned with members of the Department of Educational Psychology at The University of Texas, who helped to set up an evaluation of *Milestones to Marriage*, a series of mental-health-oriented letters on marriage written for high school seniors. The Bexar County Mental Health Society and the principals of several San Antonio schools, along with counselors in those schools, assisted in implementing the project, which has been reported in full in a master's thesis of a graduate student at the University.

The evaluation of the Hogg Foundation's own mailing list was completed under the direction of a member of the Testing and Guidance Bureau at The University of Texas. Attitudes and behaviors related to and resulting from receiving the quarterly mailings were analyzed, and attempts were made to differentiate the attitudes of various subgroups in the sample toward the content of the material. Additional evaluations of the Hogg Foundation mailing list are planned for the future.

Assembling and Preparing Materials

The mental health information and the state and community service divisions work closely together in the preparation of special materials for demonstration projects. When the Foundation undertakes leadership training at the request of a state organization or helps support a demonstration project in a local community, the opportunity for cooperative effort presents itself. New techniques developed for bringing the mental health emphasis into study and action programs of state and national groups may lead to publica-

tions, newspaper stories, or radio and television shows interpreting the training and consultation work.

Cooperative efforts with other University departments and with various state-wide and civic agencies have comprised the basis of work in the mental health information service, as in other divisions of the Hogg Foundation.

In a Strange Land, a film concerning Texas State Hospitals, illustrates the way in which the Foundation works closely with many agencies and University departments. The Foundation was approached by representatives of the Texas Junior Chamber of Commerce to make a film which could be widely shown throughout the State and which could point up improvements which had been made in state mental institutions and improvements which still needed to be made. The script was written and production supervised by a Foundation staff member. Participating in the production and distribution of the film were representatives of the Departments of Educational Psychology, Psychology, and Sociology of The University of Texas, the medical staff of the State Hospital System, professional staff of the Legislative Budget Board, the Division of Mental Health of the State Department of Health, the Texas Society for Mental Health, and the Texas Junior Chamber of Commerce. The Motion Picture Production Department of The University of Texas was in charge of the filming, and distribution was handled through the University's Visual Instruction Bureau. Interest in this film has developed nationally.

Similarly, representatives of the Foundation have participated in cooperative undertakings in which members of many University departments have worked with Radio/Television of the University in producing several radio series dealing with mental health. A few years ago Dr. James L. Hymes, professor of education at George Peabody College in Nashville, Tennessee, spent some time at The University of Texas working with Radio/Television staff members in the preparation of a series of family-oriented programs called *It's All in the Family* sponsored also by the Texas Congress of Parents and Teachers and the Texas Education Agency. In 1955

Foundation members served as consultants in another Radio/Television series, produced under the auspices of a grant from the Educational Television and Radio Center. This series, *The Child Beyond*, which won a national award, drew its consultants not only from the Foundation but from many departments of the University. A third series, *Minds of Men*, was completed toward the end of 1956. Also produced under a grant from the Educational Television and Radio Center, this series utilized Hogg Foundation staff as consultants to and participants in the programs.

The Hogg Foundation looks with interest to other such cooperative efforts in the future. Persons and organizations experimenting with new approaches in the field of mental health information are encouraged to communicate with the Foundation concerning their ideas. Requests for assistance in such undertakings will be considered with special attention to the following points:

1. Projects entailing close work with members of other departments of the University and training experiences with graduate students are given preference.
2. The Foundation favors projects aimed at developing new techniques of communication.
3. It also encourages programs which can be carried on in conjunction with other state-wide or civic agencies.
4. Projects lending themselves to state-wide interpretation of developments in the field of mental health information are considered carefully.
5. The mental health information division will work toward promoting workshops and seminars to develop new methods of interpretation in the field of mental health.

E. Work with Other Foundations and Organizations

Finally, the Hogg Foundation, being fully aware that its program is but a part of the overall mental health work of the State and that its efforts are inextricably tied to the work of other groups and other foundations, welcomes opportunities for cooperative action.

Mention has been made of the important public agencies which expend tax funds in the prevention, treatment, and rehabilitation programs: The State Department of Health and the Board for Texas Hospitals and Special Schools. The Foundation has been privileged to work with these staffs in identifying needs, trying out new ideas, and in developing professional personnel.

The Texas Education Agency as a whole and certain divisions within it have a great interest in the mental health emphasis. Since the schools reach all the people, their leaders and their programs are of key importance. The Foundation has worked closely with staff members of the Texas Education Agency and also with state-wide educational associations.

The National Institute of Mental Health, which came into existence in 1946, has shown an interest in developments in Texas and at the University. Its own staff members, its regional representatives, and the staff of the State Department of Health have all aided in the planning of specific projects.

Many other public and private organizations, both state and national, are making important contributions in mental health. The Foundation has welcomed opportunities to work with the Texas Society for Mental Health, the Texas Council on Mental Health, the Health Committee of the Junior Chambers of Commerce, the Texas Congress of Parents and Teachers, the Texas Federation of Women's Clubs, the Auxiliary of the Texas Medical Association, the Mental Health Committee of the Texas Medical Association, the Mental Hospital Project of the Texas Research League, the Texas Tuberculosis Association, The Texas Social Welfare Association, and the Texas League of Nursing Education—to name but a few of the groups in Texas which have been active in mental health,

Private foundations and trust funds are becoming keenly aware of human need in this area. The Hogg Foundation cooperated with two other private funds in establishing a Conference of Foundations and Trust Funds nine years ago. Member organizations have shown an interest in mental health activities and have invited outstanding leaders such as Dr. Will Menninger to point out the

opportunities for private philanthropy. The Foundation has joined with several of these groups in specific undertakings, and a former staff member is now executive secretary of the Conference.

The following summary shows how the Foundation shares in these cooperative arrangements:

1. The Hogg Foundation has received and is glad to receive grants from other foundations, individuals, and public agencies. These funds will be administered according to terms of the grants.

2. The Foundation continues to cooperate with other foundations and organizations in sponsoring certain projects on a jointly financed basis.

3. The Foundation helps individuals establish trust funds and foundations, especially in fields related to mental health.

4. The Foundation works with other health and educational agencies in studying a problem, in planning a demonstration approach to it, and in publishing the results of such undertakings.

III. PROGRAM GRANTS OF THE FOUNDATION DURING ONE FISCAL YEAR

THE CARRYING out of the policies previously described under the five program areas of the Foundation's work may be reviewed in a still more tangible way by examining all of the program expenditures during one fiscal year, the one which ended August 31, 1956.

Research

A. The University of Texas Main Campus

- | | |
|---|-------------|
| 1. Texas cooperative youth study—Lucy Rathbone—
Department of Home Economics | \$18,493.45 |
| 2. Development of quantitative procedures for the
evaluation of personality—Wayne H. Holtzman—
Department of Psychology | 3,000.00 |
| 3. Flexibility in reading and mental rigidity—Gordon
Anderson and Elsie Dotson—Testing and Guid-
ance Bureau | 1,869.06 |
| 4. Mental health in education—Carson McGuire—
Department of Educational Psychology | 16,580.11 |
| 5. Human relations in a mental hospital, editing of
manuscript—Ivan Belknap—Department of Soci-
ology | 150.00 |

6. Preparation of personal judgment scale—Oliver Bown—Department of Educational Psychology	66.10
7. Study of social conflict and interpersonal relations among children of different races in a pre-school setting—Harold Stevenson—Department of Psychology	9,625.00
8. Survey of social work positions and social workers in Texas—Charles Laughton—School of Social Work	4,356.30
9. Study of the use of the <i>Milestones to Marriage</i> series in high schools—Royal Embree—Department of Educational Psychology	204.50
10. Maintenance by women of independence in thinking and judgment—Robert Blake—Department of Psychology	3,650.00
11. Development of a battery of tests for the measurement of speech characteristics—Jesse Villarreal—Department of Speech	1,843.33
12. Refinement and validation of a special test to be used in the study of sensitivity to group functions—Robert Blake—Department of Psychology	400.00
13. Completion of report on Waco-San Angelo disaster study—Harry Moore—Department of Sociology	450.00
14. Development and use of psychological tests for experimental studies of urinary excretion patterns in schizophrenia—Roger Williams and Louis Moran—Biochemical Institute	3,517.50
15. Study of intraclass grouping in the elementary school—M. Vere DeVault—Department of Curriculum and Instruction	2,988.50
16. Effect of group pressures in the alteration of children's judgments by means of simulated group atmosphere—Ira Iscoe—Department of Psychology	400.00

B. The University of Texas Branches

1. Experimental anoxia and its effects on new-born animals—H. G. Swann—Medical Branch	\$ 4,500.00
2. Social backgrounds and psychiatry—E. Gartly Jaco—Medical Branch	2,052.21
3. Anoxia and the resulting brain damage in adulthood of dogs—Austin Foster—Medical Branch	800.00

4. Efferent projections of the deep nuclei of the cerebellum with particular reference to the descending limb of the brachium conjunctivum—Glenn V. Russell—Medical Branch	1,550.00
5. Neurophysiology laboratory—Sidney Ochs—Medical Branch	2,000.00
6. Effect of experimental neuroses on blood pressure and related cardiovascular function—Alvin Shapiro—Southwestern Medical School	4,000.00

C. Outside of The University of Texas

1. Community education in parent-child relations—Carl Hereford—Austin Community Guidance Center; Austin-Travis County Mental Health Society	\$21,009.52
2. Speech therapy for retarded children—Edward Pross—Texas Christian University	2,352.76
3. A study of the relationship of nutrition to mental health of geriatric subjects—Pauline Beery Mack—Texas State College for Women	3,500.00
4. Proverbs test for studying the impairment of abstract thinking in psychiatric patients—Donald Gorham—Baylor University	400.00
5. Survey of community mental health problems—Saul Sells—Bexar County Mental Health Association	500.00
6. Symposium on brain stimulation—Daniel Sheer—University of Houston	3,050.86
7. Evaluation project of Camp Woodland Springs program of work with emotionally disturbed, socially maladjusted boys—Campbell Loughmiller—Camp Woodland Springs	1,450.00
8. Construction of aural apperception tests for the study of personality—Kenneth L. Bean—Baylor University	704.00
9. Perception and physiological response to conditions of mild frustration and stress—Arville Davis—Houston V.A. Hospital	250.00
10. Expressions of personality in children's drawings—Max Reed—Child Guidance Center of Houston	1,735.00

Professional Education

A. Fellowships, Scholarships, and Internships

1. Two counseling internships—Testing and Guidance Bureau—The University of Texas	\$ 2,666.50
2. Five general scholarships—School of Social Work—The University of Texas	2,250.00
3. Fourteen scholarships to attend Human Relations Training Laboratory—Las Vegas, New Mexico—August 12-25, 1956	2,490.00
4. Fellowship in human development—Alan Krasnoff—M. D. Anderson Hospital	1,500.00
5. Post-doctoral fellowship in child psychology—Bernard Murstein—M. D. Anderson Hospital	4,300.00
6. Twenty-two travel scholarships for advanced study	3,058.59
7. Two visiting teacher scholarships—School of Education—The University of Texas	600.00
8. Professional training grant — Austin Community Guidance Center	1,486.00
9. Hogg Foundation annual award for outstanding service in the field of mental health in Texas . . .	250.00

B. Workshops, In-Service Training, and Institutes

1. Houston-Pasadena workshop for parents of handicapped children—October 10-12, 1955	300.00
2. In-service training conference for social workers—Kerrville, Texas, October 10-12, 1955	194.20
3. Texas Institute for Children and Youth—Hunt, Texas—August 26-31, 1956	300.00
4. Texas conference on education—The University of Texas—October 31–November 1, 1955	200.00
5. Training institute for parents and faculty of Texas School for Deaf—June 3-9, 1956	200.00
6. In-service staff training program—Marbridge Ranch School for Boys	525.00
7. Training conference for recreation leaders—(Longhorn Recreation Laboratory)—Kerrville, Texas—February 13-18, 1956	164.70
8. Mental health concepts in "Marriage for Moderns" series—Student Christian Association—The University of Texas—April 16-28, 1956	150.00

9. Training conference for psychiatric nurse technicians—Austin State Hospital—July 15–17, 1956	71.40
10. Completion of report of curriculum revision project—Delta County Schools—October, 1955–January, 1956	308.40
11. In-service psychiatric training for chaplains serving as interns in State Hospital System	193.95
12. Port Arthur guidance institute — June 5–July 15, 1956	469.35
13. In-service training conference for counselors at Texas Technological College—May 5, 1956	67.75
14. Clinical in-service pastoral training program—St. Luke's Hospital, Houston, Texas—June 15–August 10, 1956	550.00
15. Role of classroom teacher in guidance—Sherman Public Schools, 1955–56, 1956–57	947.05
16. Third Inter-American Congress of Psychology, December 17–21, 1955, Austin, Texas	1,754.07

C. Consultation

1. Concerning departments of The University of Texas, Texas institutions, and projects sponsored by the Foundation	6,462.16
2. Concerning the development of the Foundation policies and program	1,506.18

D. Project Grants

1. Preparation and publication of a directory of nursery schools in Texas—The University of Texas	780.75
2. Speech therapy clinic: training for children with impaired speech, counseling for parents of these children, and in-service training for faculty and graduate students—Southwest Texas State Teachers College, San Marcos, Texas—July 30–August 18, 1956	2,350.28
3. Community study in East Austin—July 16–August 10, 1956	362.45
4. Human relations in the pharmacy extension program of The University of Texas	1,000.00

Mental Health Information

A. Written Materials

1. Quarterly mailings of the Foundation	\$ 4,831.78
2. Mental health materials purchased for distribution	3,133.66
3. Mental health pamphlets and monographs published by the Foundation	3,501.28
4. Grant to the Medical Arts Publishing Foundation for the publication and distribution of the <i>Psychiatric Bulletin</i> to all the practicing physicians in Texas	14,400.12

B. Radio and Television

1. Radio—special series— <i>Minds of Men</i> —produced in cooperation with Radio/Television of The University of Texas	760.00
2. Preparation of film— <i>In a Strange Land</i> —produced in cooperation with the Division of Extension, Motion Picture Production Department and the Visual Instruction Bureau	2,672.13

State and Community Service

A. Local Community Projects

1. Evaluation of services of the Beaumont Remedial Center, Beaumont, Texas	678.65
2. Evaluation of appointment system and patient load —Dallas Child Guidance Center, Dallas, Texas	1,800.00
3. Survey of the mental health needs of a community —Hidalgo County Mental Health Committee	250.00
4. Coordination of pupil personnel services—Snyder Independent School District	200.60
5. Assistance in the establishment of a child guidance clinic — Bexar County Guidance Center, San Antonio, Texas	3,750.00
6. Assistance in the establishment of a child guidance clinic—Galveston, Texas	6,700.00

7. Assistance in the establishment of a child guidance clinic—El Paso, Texas	8,000.00
8. Assistance in the establishment of a mental health information center—Houston Mental Health Society—Houston, Texas	4,000.00
9. Assistance in the establishment of a mental health information center—Fort Worth-Tarrant County Society for Mental Health, Fort Worth, Texas . . .	2,000.00

B. State-Wide Projects

1. Three-year demonstration study in leadership training for mental health—Texas Congress of Parents and Teachers	3,089.65
2. Three-year study in leadership training for mental health—Texas Federated Women's Clubs	1,418.37
3. Four-year project in the establishment of an independent state-wide mental health society—Texas Society for Mental Health	8,000.00
4. Formulation of a new mental health code in Texas—The University of Texas Law School	5,000.00
5. Texas Social Welfare Association (membership)	50.00
6. Committees and Councils on mental health—Texas Council on Mental Health; Social Science Research Committee, The University of Texas; Texas Council on Research in Mental Health; Advisory Committee to the Board for Texas State Hospitals and Special Schools	1,368.02
7. Special Hogg Foundation Junior Lecturer	1,076.83

Work With Other Foundations

Southwest Foundations Conference	1,058.40
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* Dr. Moore's work is jointly sponsored by the Home and Family Life Education Division of the Texas Education Agency and by the Hogg Foundation.

